

Amendments to the Specification:

Please replace the paragraph beginning at page 3, line 12 with the following amended paragraph:

In one preferred embodiment, the grains include, but are not limited to, rice, barley, oat, buckwheat, adlay, millet, sorghum, ~~sweet~~ corn, wheat, rye, brown rice or bran; rice includes non-glutinous long-grain indica, non-glutinous short-grain japonica and glutinous rice. Among these, rice is about 10.about.90% by weight of the ground material, preferably about 25% by weight. Barley, oat, buckwheat, adlay, millet, sorghum, ~~sweet~~ corn, wheat, or rye is 1.about.50% by weight of the ground material respectively. Preferably, barley is about 17.5% by weight of the ground material, oats is about 17.5% by weight, buckwheat is 17.5% by weight, adlay is 17.5% by weight. Rice bran is 1.about.10% by weight of the ground material, preferably about 5% by weight. The legumes in the present invention include, but are not limited to, soy bean, black bean, ~~green~~ mung bean, small red bean or sword bean.

Please replace the paragraph beginning at page 4, line 18 with the following amended paragraph:

In one preferred embodiment, the grains include, but are not limited to, rice, barley, oats, buckwheat, adlay, millet, sorghum, ~~sweet~~ corn, wheat, rye, brown rice or bran; rice includes non-glutinous long-grain indica, non-glutinous short-grain japonica and glutinous rice. Among these, rice is about 10.about.90% by weight of the ground material, preferably about 25% by weight. Barley, oat, buckwheat, adlay, millet, sorghum, ~~sweet~~ corn, wheat, or rye is 1.about.50% by weight of the ground material respectively. Preferably, barley is about 17.5% by weight of the ground material, oats is about 17.5% by weight, buckwheat is 17.5% by weight, adlay is 17.5% by weight. Rice bran is 1.about.10% by weight of the ground material, preferably about 5% by weight. The legumes in the present invention include, but are not limited to, soy bean, black bean, ~~green~~ mung bean, small red bean or sword bean.